

DO THIS AT HOME  
**Let's Pretend Charades**

Try this activity at home to reinforce what your child learned about expressing herself.

**What Your Child Will Learn**

The ability to be imaginative and expressive directly relates to resilience. Continue to encourage your child's creative expression. In a time when so much of children's play has become computer-directed or packaged, we must revisit those days of simple pretend-play. After all, this is where children's dreams and hopes for tomorrow are created.

**Materials Needed**

photos or drawn pictures of dramatic play roles your child will be able to act out (Select pictures that will be easy for your child to act out, such as a baseball player, ballerina, rock star, doctor, teacher, bird, or rabbit.)

**What to Do**

- ▶ Collect photographs, pictures from magazines, or free clip art from the Internet before this activity.
- ▶ Introduce this activity by having your child sit near you. Explain that you are going to play a game of pretend.
- ▶ Show your child a picture.
- ▶ Encourage your child to act out the picture; for example, if the picture is a rabbit, your child may hop around.
- ▶ Providing props and other materials will help make the experience more creative and imaginative.
- ▶ As always, you should join in the dramatic fun!

\*You can download this activity and the other at-home activities in this book at  
[www.centerforresilientchildren.org/SSES](http://www.centerforresilientchildren.org/SSES).